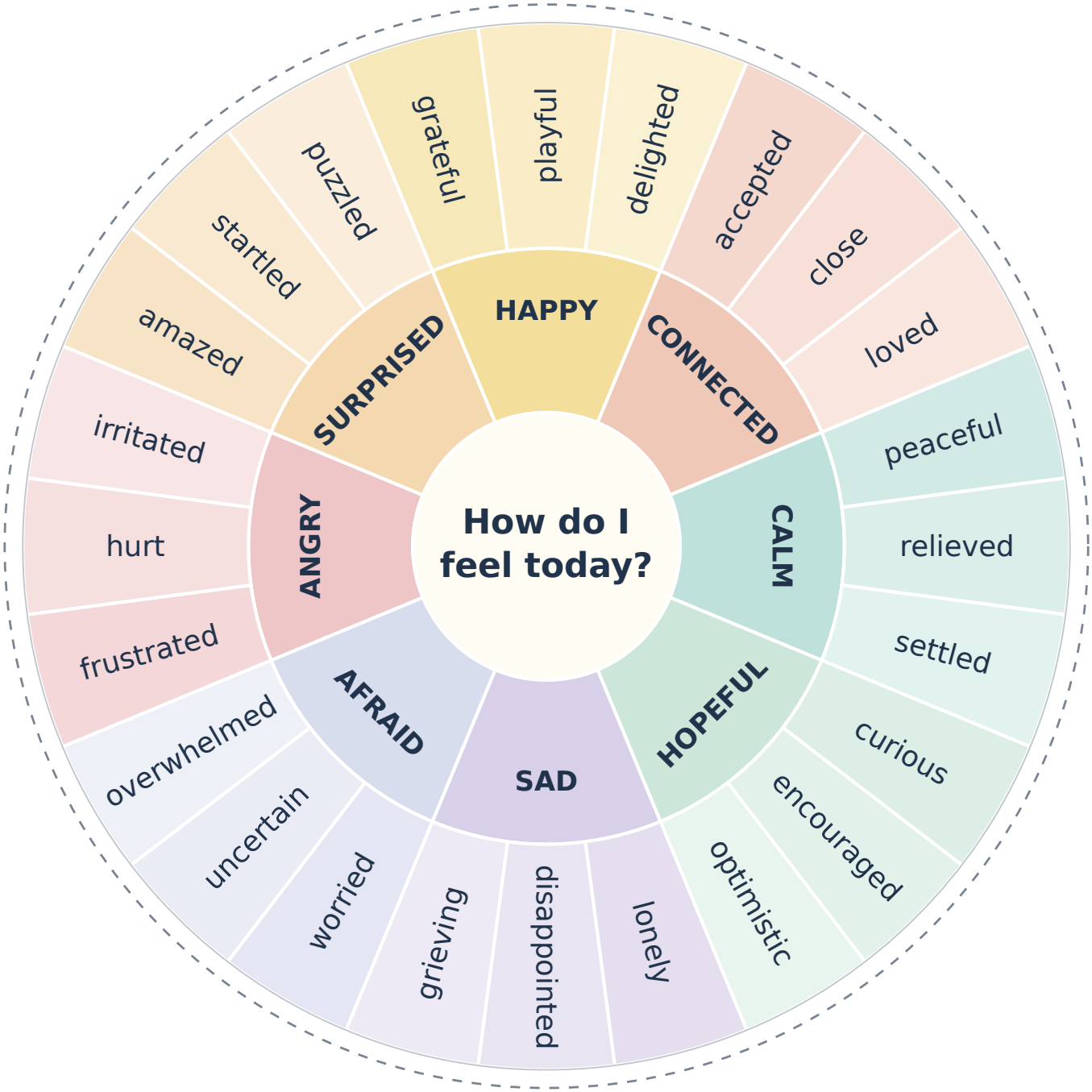
Feelings Wheel

Choose one or more words. Mixed feelings are welcome.
You may add your own word.



Optional: cut around the dashed circle. Keep the whole page if you prefer.

Today I feel _____

What might I need? _____

One kind next step _____

A conversation aid, not a test or diagnosis.